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Calcium Check List -- Food Guide Pyramid

Author: Ann Hertzler, Extension Specialist, Food and Nutrition,
Virginia Tech

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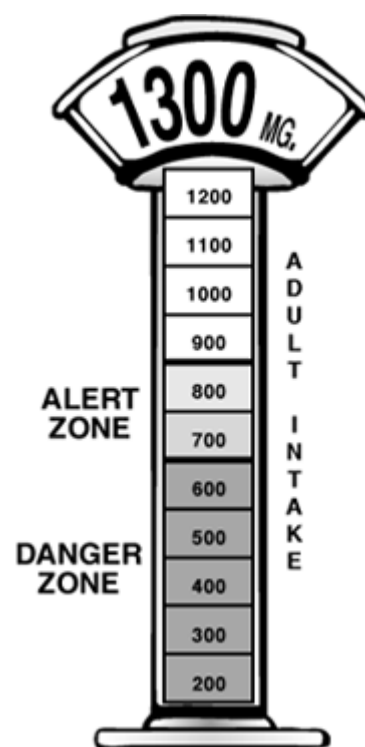
BUILD STRONG BONES - How Well Did You Do?

CALCIUM

The Food Guide Pyramid provides the nutrients to work with calcium in your body. Building strong bones depends on calcium, Vitamin D, and exercise. Ninety-nine percent of the body's **calcium** is stored in the bones. Strong bones have a thick lacy, calcium network. Bones that break easily have a thin, sparse calcium network. Adequate dietary calcium intake is needed to maximize calcium storage in the bones during the growing years and to minimize bone loss in later years. Calcium should be provided in meals and snacks throughout the day for best use by the body. ***Try the Calcium Checklist with the Food Guide Pyramid.***

The 1999 Dietary Reference Intakes (DRI) for Calcium

Children 4 to 8 years	800 mg.
Youth 9 to 18 years	1300 mg.
19 to 50 years	1000 mg.
51+ years	1200 mg.
Pregnant teens need more than 1300 mg. calcium for their own growth and for the growth of the baby.	



Nearly one-half of U.S. children do not eat an adequate amount of calcium. This is especially critical for adolescents as bone mass develops rapidly between the ages of 10 and 20 and peaks by age 30. More than half of U.S. men and women do not eat an adequate amount of calcium.

VITAMIN D

Vitamin D helps transport calcium to the bone. Vitamin D is in fortified products such as milk and some other foods. Sunshine 3 times a week for about 10 to 15 minutes makes sufficient vitamin D for younger people. Many older people do not get out of doors very often and their skin is much less efficient in making Vitamin D. 200 IU are recommended daily for younger adults; older adults with limited time in the sun may need 400 to 600 IU daily. One cup of fortified cow's milk or soy milk provides 100 IU.

PHYSICAL ACTIVITY

Weight bearing exercise helps keep bones strong and prevents calcium loss and osteoporosis. Even young people who lack weight bearing exercise such as astronauts (weightlessness in space) or sedentary people lose calcium from their bones. Find a daily exercise with your family, neighbors, or friends - walking at the mall or neighborhood, joining fitness clubs or a sports activity, or a hobby such as gardening. Try to get 20 to 30 minutes of exercise three times a week.

Reading Labels

CALCIUM AND FAT

Read the Nutrition Facts Label (NFL) to figure the amount of calcium in the serving size listed on the label. Add a 0 to the Daily Value e.g., 30% DV = 300 mg. calcium. The NFL also lists the grams (g) of fat in the serving and the % contribution to the recommended fat level for the day. For example, the NFL to the left indicates that for a person eating 2000 calories a day, this food will provide 5% or 3 g of fat toward the suggested intake of 65 g of fat each day. Actual calcium and fat content of food will depend on processing methods, fortification levels, and ingredients used.

- Calcium Daily Values of 20% or more can be labeled high, rich in, or excellent sources.
- Look for nutrient claims on the front label. A health claim can be made for calcium and osteoporosis.

CALCIUM SUPPLEMENTS

If you have trouble digesting cow's milk, try smaller amounts in meals and snacks spread throughout the day. Try to have at least 1 serving of a calcium rich food daily. If you are unable to consume adequate calcium from dairy foods or foods such as calcium fortified orange juice or fortified soy products, then calcium supplements are an alternative. Calcium supplements are available in tablets, powders, and liquids. Read the label for the amount of calcium. Avoid taking a supplement that contains more than 500 mg. a tablet as they interfere with the use of other nutrients in the meal or snack. High doses of calcium at one time can cause gastric

Nutrition Facts

Serving Size ½ cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Read the label for fat content. This food has 3g fat, a 5% Daily Value (65g)

A serving of this food provides 30% of the 1000 mg adult RDI or 300 mg of Calcium

upset. Calcium citrate is a supplement that is easily dissolved in the stomach and absorbed efficiently.

Bone meal supplements are made from finely ground animal bones. Bone meal supplements are not recommended because they may contain high amounts of toxic metals such as lead.

Calcium and Fat

Low fat choices		Medium Fat Choices		High Fat Choices	
300 mg. calcium					
1 cup skim milk or non fat yogurt	0g	1 cup whole milk, yogurt, fortified soy milk	8g	12 oz. Milk shake	12g
1 cup 2% milk, low-fat yogurt	5g	1 cup custard	9g	1 cup eggnog	19g
1 cup calcium fortified orange juice	0g	4 oz canned salmon, solids	7g	1 piece lasagna	15g
				4 oz sardines, solids	13g
200 mg. calcium					
1 oz fat-free cheese	0g	1 oz. Cheddar/American cheese	9g	1 cup ice cream (10% fat)	14g
1 oz low fat cheese	6g	1 cup cream soup/chowder	9g	1 cup ice cream (16% fat)	24g
100 mg. calcium					
1 cup 1% cottage cheese	2g	1/2 cup macaroni and cheese	10g	1/8 quiche pie	48g
1 cup sherbet (2%)	4g	1 cup creamed (4%) cottage cheese	10g	1 cheeseburger, 4 oz	31g
1/2 cup iced milk (4%)	6g	1/8 15" pizza	9g	1 oz almonds	15g
1/2 cup cooked greens	0g	1/4 cup Alfredo sauce	10g	1 cup tempeh	13g
One 2 1/2" muffin	6g	One 7" waffle	11g		
1 cup cooked dried beans/peas	1g				
1 taco shell	3g				
1/2 cup tofu	6g				


One 4" pancake 4g

Fats such as cream cheese, sour cream, whipping cream, coffee cream, artificial creamer, and whipped topping contain little or no calcium. Substitute fat free yogurt or low-fat cottage cheese blended with 1 Tbsp lemon juice or vinegar for sour cream or cream cheese.

Calcium Check List

I. Record the number of servings you ate on a typical day in the last week.
Use the pictures to figure serving size.

II. Multiply servings x calcium value.

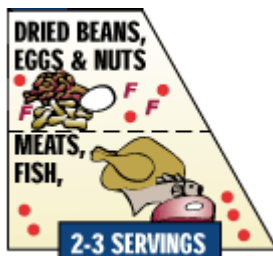
Fat - Sugar - Alcohol			
	servings # daily	x	calcium
	cake, 1/16 of 9" cake	_____	40 _____
	beer, 12 oz	_____	10 _____
	colas, 12 oz	_____	10 _____
	chocolate, 1 oz	_____	50 _____
	Others	_____	_____
	Fat-Sugar-Alcohol Total	_____	servings

Milk - Yogurt - Cheese			
	servings # daily		calcium
cheese, 1 oz or 6 tbsp	_____	x 200 =	_____
cottage cheese, 1/2 cup	_____	x 50 =	_____
custard, pudding, or cream pie, 1/2 cup	_____	x 150 =	_____
ice cream, frozen yogurt, or milk shake, 1 cup	_____	x 200 =	_____
milk or cocoa, 1 cup	_____	x 300 =	_____
soy milk, 1 cup	_____	x 10 =	_____



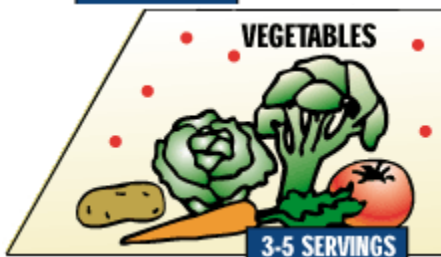
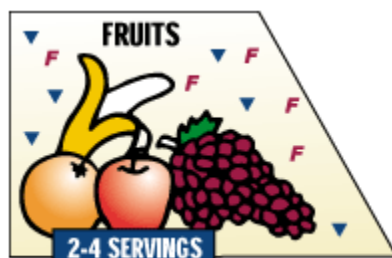
yogurt, 1 cup	_____	x 350 =	_____
cream soups/sauce, 1 cup	_____	x 200 =	_____
maccaroni and cheese, 1 cup;			
pizza, 1/8 of 15";			
or quiche, 1/8 of 8"	_____	x 250 =	_____
Milk Group Total	_____	servings	_____ mg

Meat - Fish - Poultry - Dry Beans - Nuts



	servings # daily	calcium
dried beans, cooked (navy, pinto, kidney), 1 cup	_____	x 50 = _____
meat, fish, poultry, 3 oz	_____	x 10 = _____
peanuts, 1/2 cup; 1 egg	_____	x 30 = _____
salmon with bones, 3 oz	_____	x 150 = _____
sardines with bones, 3 oz	_____	x 400 = _____
3 oz shrimp or 7-9 oysters	_____	x 100 = _____
tofu, 2 1/2" x 2 1/2" x 1"	_____	x 100 = _____
Meat Group Total	_____	servings _____ mg

Fruits & Vegetables



	servings # daily	calcium
broccoli or cooked greens (beet/turnip greens, kale collards, spinach), 1/2 cup	_____	x 100 = _____
other vegetables, 1/2 cup	_____	x 30 = _____
fruits, 1/2 cup or 1 small	_____	x 30 = _____
Fruits & Vegetables Total	_____	servings _____ mg

Breads - Cereals - Rice - Pasta

	servings # daily	calcium
bread, 1 slice; or cereal, 1 oz	_____ x 20 =	_____
2" biscuit/roll, or 6" corn tortilla, or 3" muffin, cornbread, or doughnut	_____ x 40 =	_____
rice, noodle, or pasta, 1 cup	_____ x 20 =	_____
pancake, waffle, or french toast, 1 serving	_____ x 100 =	_____
Bread Group Total	_____ servings	_____ mg



III. Compare the number of Food Guide Pyramid servings. Add milligrams calcium.

Group	minimum servings recommended	servings # daily	calcium mg
Milk-Yogurt-Cheese	(2)	_____	_____
Fruits & Vegetables	(5)	_____	_____
Breads-Cereals-Rice-Pasta	(6)	_____	_____
Meat-Fish-Poultry-Dry Beans-Nuts	(2)	_____	_____
Fat-Sugar-Alcohol	(?)	_____	_____
Total		_____	_____

Compare your serving with the Food Guide Pyramid.

How do you rate on your Calcium Checklist rating?

What one habit will you improve?

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